



Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs

Aviators assigned to 2-6th Cav. conduct pre-flight checks on WAAF before the final flight of the Kiowa Warrior helicopters, Jan. 15. The aircraft will be shipped to Texas and retired from the active fleet.

2-6th Cav. conducts final flight of Kiowa Warriors

STAFF SGT. TRAMEL GARRETT
25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD — It was a bittersweet day for the Soldiers of the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, with the casing of the unit colors in preparation for an operational deployment to Korea and a final flight of the Kiowa Warrior helicopters, Jan. 15.

“The Kiowa Warrior has called this island home for the past 17 years. (Now the aircraft) will be shipped back to Texas and retired from our active fleet,” said Lt. Col. Aaron Martin, 2-6th Cav. Regt. commander. “Some may view this as a sad event. I will tell you we’re only just approaching the end of another chapter in the great history of the 2nd Squadron.”

Eighteen Kiowa Warrior helicopters departed for a final flight around the island, a commemoration for all the aviators of the past and present.

Chief Warrant Officer 3 James Mason wanted to be a part of something special for Hawaii and to also give se-

nior aviators the chance to take one final flight before retiring the Kiowa Warriors helicopters from the active fleet.

“This was a very important event to be a part of,” said Mason. “I feel fortunate that I was able to plan and participate in the process. The Kiowa is a wonderful aircraft that has given many years to the Army. It was a workhorse and continually came through, day after day, year after year, and mission after mission.”

These aircraft were used for observation, utility and fire support dating back to the Vietnam era. In addition, Kiowa aircraft have been instrumental in saving lives on the battlefield, despite its small size during overseas contingency operations.

Some of the Soldiers hated to see the retiring of this historic aircraft, but accepted the challenge of writing a new chapter in the history of the 25th CAB.

“Through everyone’s hard work, we can stand here today and say we are ready to deploy and truly execute our



Chief Warrant Officer 4 Mark Leung, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division

Kiowa Warriors from the 2-6th Cav. take to the sky above Oahu during a rehearsal, Jan. 13, for the unit’s symbolic final flight in Hawaii on Jan. 15. The 2-6th Cav. is deploying to South Korea to support the 2nd CAB.

mission,” said Martin. “The ink is always wet on our history, and you are truly the ones holding the pen.”

The 2-6th Cav. will have the vital task of assisting the local forces and

the Republic of Korea to discourage aggression on the peninsula, while attached to Eighth Army.

“Our history of horses, motorcycles, trucks, tanks and helicopters has

shown us the true success of the cavalry is not based upon the steeds we ride, but the bold cavalry men who always remained out front of the formation,” said Martin.

Army to hold public sessions, hear concerns

Officials seeking input on how Army reductions could impact Hawaii

U.S. ARMY GARRISON-HAWAII
News Release

SCHOFIELD BARRACKS — The Army is conducting two community listening sessions in Hawaii this month to hear from communities about how potential troop reductions and restructuring could impact them.

Army leaders will begin the sessions with a short overview of the reduction and restructuring process. Afterwards, the community will have an opportunity to provide input on how a potential reduction of up to 19,800 Army Soldiers and civilian employees in Hawaii could affect them.

The listening sessions will be held as follows:



Jan. 27, 2015
6:30-9 p.m.
Hale Koa Hotel, DeRussy Hall
2055 Kalia Road, Waikiki
Parking is \$5 with validation

See ARMY A-4

Environmental Assessment

In November 2014, the Army completed an analysis of environmental impacts of potential force reductions on communities surrounding 30 Army installations, to include Fort Shafter and Schofield Barracks. The results are published in the “2014 Supplemental Programmatic Environmental Assessment for Army 2020 Force Structure Realignment,” which can be found online at <http://aec.army.mil/Services/Support/NEPA/Documents.aspx>.



Soldiers from Alpha Company, 325th BSB, driving three M1120 LHS (load handling systems), unload their cargo at a designated logistic relief point during a convoy exercise at Wheeler Gulch, Jan. 15.

Alpha ‘Mustangs’ perfect tactical convoys



Spc. Yaima Mesa, assigned to Alpha Co., 325th BSB, connects a chain to the front of a M1120 LHS that has suffered a simulated deadline attack.

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — For three days, Soldiers from Alpha Company, 325th Brigade Support Battalion, “Mustangs,” 3rd Brigade Combat Team, 25th Infantry Division, took to Wheeler Gulch to perfect their tactical convoy operations, Jan. 13-15.

“This training is to better prepare the Soldiers’ driving proficiency in convoy operations,” said Capt. Antonio Monserrati, commander, Co. A.

“The last day is important, because when you are in combat, muscle memory is what will help you be successful.”

— Capt. Antonio Monserrati
Commander, Co. A.

Over the course of the first two days of training, the Soldiers went through different classes on mobile distribution drills and how to react to contact during a convoy.

To begin the training, the Mustang Soldiers were broken down into six small groups. They were then rotated through six stations. Stations included the flat rack pick-up and drop off; container roll-in/roll out platform; transfer from load handling system to trailer, trailer exchange; fuel bulk to bulk transfer; water bulk to retail transfer; and pallet building.

See MUSTANGS A-4



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Police Call

Wildland firefighters protect lives, property

COL. DUANE MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

Established in 2006, the U.S. Army Garrison-Hawaii Directorate of Emergency Services' Fire Division fills a critical niche in the Army's fire prevention plan, protecting the lives and property of the surrounding communities, as well as the threatened

Wildland Firefighters

Being a USAG-HI wildland firefighter requires many specialized skill sets and certifications, including these:

- Basic firefighter.
- Incident command.
- Firebreak construction.
- Helicopter support operations.
- Prescribe fire operations.
- Handline construction.
- Hose lay operations.
- Mobile attack.
- Initial attack and extended attack operations.

Additional training includes fire investigation, fire prevention and specialized communications that allow coordinated fire suppression operations using military and civilian aircraft.

and endangered plants and animals that live on or near Oahu's Army installations.

U.S. Army Hawaii is supported by a wealth of expertise and professionalism in the form of its Army wildland firefighters. These firefighters stand ready to respond to fire emergencies across our installations and in particular within our training areas.

The Fire and Emergency Services Division is the only National Wildfire Coordinating Group certified and fully-staffed in the state of Hawaii, providing fire suppression for all Army installations and training areas on Oahu.

The division is comprised of 12 wildland firefighters who have experience working wildfires in Hawaii and across the continental U.S., from the wilderness of the Pacific Northwest to the swamps of the Florida Everglades and the mountains of Appalachia.

These professionals are highly trained to provide tier one level service across USARHAW.

Wildland fire personnel prevent brush and range fires by implementing prescribed burns, a fire management tool designed to reduce excess brush (fuel) from Army ranges in a controlled and orchestrated manner.



Miller

Police Beat Roll-Up

From Dec. 4, 2014, to Jan. 19, the following occurred on USARHAW installations:

Schofield Barracks

- 24, domestic disturbances
- 18, wrongful damaging of property
- 13, duty upon striking
- 10, assaults
- 5, unlawful entry to a motor vehicle
- 1, DUI
- 1, limitations on backing
- 1, abuse of a family member

Fort Shafter

- 2, domestic disturbances
- 1, wrongful damaging of property

Mendonca Park

- 1, wrongful damaging of property

WAAF

- 1, limitations on backing
- 4, wrongful damaging of property

- 1, duty upon striking

AMR

- 2, assaults
- 1, domestic disturbance

HMR

- 1, wrongful damaging of property
- 1, assault
- 4, domestic disturbances
- 2, duty upon striking

Fort DeRussy

- 1, limitations on backing

PARC

- 1, limitations on backing

Violations off post

- 10, DUIs
- 2, wrongful damaging of property

Resources

For more information on any of the resources listed in this article, you may contact the agencies through the Directorate of Emergency Services. Visit www.garrison.hawaii.army.mil/des/default.htm.



FOOTSTEPS in FAITH

Cortez said, 'Burn ships and press on'

CHAPLAIN (COL.) BOB PHILLIPS
U.S. Army Garrison-Hawaii

In 1519, the Spanish explorer Hernando Cortez set sail from Spain to the New World. He departed with 11 ships, 500 men, 13 horses and a few cannon.

After the cross Atlantic trip, they landed on the Yucatan Peninsula in Mexico. It was there that Cortez did a very peculiar thing: He ordered that all the ships be burned.

Cortez knew that the hardships of the New World would be challenging, even overwhelming. He knew that his men would face conflicts with one another, as well as conflicts with the indigenous people. There would be power struggles, harsh weather, limited food and supplies, and poor living conditions.

Cortez knew that, over time, the unexpected hardships of the New World would cause his sailors to grow weary, become discouraged and lose heart. He knew that once the grumbling started, his men would want to return home. They would long for their old life where things were safer, more predictable and familiar.

Cortez knew that in the midst of the

struggles, his men would lose sight of the dreams, hopes and visions that motivated them to embark on this adventure.

By burning the ships, Cortez sent a clear and powerful message to his men: Failure was not an option. Going back home was not an option. Quitting was not an option. They had come too far, invested too much and sacrificed too much to give up on their dreams. So, he left his people with no choice but to move forward. They had to continue toward their dream.

Often in life, we set out with great hopes, dreams and ambitions. Unfortunately, sometimes life gets in the way.

The challenges are bigger than we anticipated; the conflicts are more intense and unexpected hardships discourage us. In the midst of the fray, we lose sight of the reasons we launched out on our adventure. When we become weary, we begin to think about retreating and going back to the place where life was simpler, easier and more predictable.

We may do well if we follow Cortez's example. Burn the emotional and psychological ships that provide us the

option of quitting, turning back or retreating. We need to eliminate those things that distract us from pressing forward, enduring the challenges and keeping our dreams and goals alive.

The real challenge is to silence those negative voices in our head that tell us we cannot do it or it's too hard. It is at that point that we need to revive those positive thoughts, dreams and ambitions.

For me, my faith has been the one thing that has helped me endure the tough times, continue forward and keep things in perspective. When I wanted to quit, when I doubted myself and when those negative voices told me to give up, it was my faith that helped me stay the course and press on.

One of my favorite Scripture verses says, *"Forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."*

For me, believing that God has an *"upward call"* for me keeps me motivated to press on toward the goal, despite the hardships and difficulties.

Be encouraged today. Burn those psychological and emotional ships that are holding you back from living your dreams and achieving your goals.

Press on toward your upward call.



Phillips

Getting it Straight

A photo of a change of command ceremony held Jan. 8 for the 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, misidentified the three officers passing before the "Never Broken" Soldiers of the "Lucky 7th." The correct names, from left to right, are incoming commander Lt. Col. Kenneth D. Slover, outgoing commander Lt. Col. George L. Hammar IV and battalion executive officer Maj. Michael J. Englund.



Voices of Ohana

Mental Health Awareness Month

Question: What are some healthy ways to cope with stress?

Photos by 3rd Brigade Combat Team, 25th Infantry Division



"I go to the gym to workout and I also go to church."

Staff Sgt. Jesse Jackson

Co. H, 2-27th Inf. Regt., 3rd BCT, 25th ID



"I go to the gym and workout."

Spc. Anissa Rangel

HHC, 3rd BCT, 25th ID



"Spend time with my family, and play with my kids."

Chief Warrant Officer 2 Robert Reynolds

HHC, 3rd BCT, 25th ID



"I like to take naps, go for a run or drink coffee."

Spc. Jose Riopedre

HHC, 1-27th Inf. Regt., 2nd SBCT, 25th ID



"I listen to music or go running, sometimes both at the same time."

Pvt. Brandon Rogers

HHC, 1-27th Inf. Regt., 2nd SBCT, 25th ID



HAWAII AIR NATIONAL GUARD



Photos by Airman 1st Class Robert Cabuco, Hawaii Air National Guard

JOINT BASE PEARL HARBOR-HICKAM — Airmen from the Hawaii Air National Guard, working with Tropic Lightning Soldiers, secure an M777 aboard a C-17 Globemaster III, here, for transport to the Big Island. Moving the big gun was part of rapid deployment training, Jan. 10.



9th MSC gains unique sapper/diver

Female captain is both diver, sapper

CAPT. MARY WHITNEY WHITTAKER AND BRIAN MELANEPHY
9th Mission Support Command
Public Affairs

Sappers are cool, divers are cool and Capt. Christie Plackis is both, so that makes her really cool.

In 2011, when Plackis graduated from dive school, she became one of four female divers in the history of the Army dive field and the only one in the field at the time.

Plackis received her commission through the ROTC program at San Diego State, where she first found out about becoming a diver.

“(During my sophomore year,) I found out about dive school, and it sounded like something I would love, so I trained for the next two years to prepare,” said Plackis.

In order to be an Army engineer diving officer, a cadet has to branch engineer. So as an ROTC cadet, Plackis moved engineering to the top of her “wish list.”

After graduation, her wish came true, and she joined the ranks of the engineers.

Her next step was the Basic Officer Leadership Course at Fort Leonard Wood, Missouri. She turned down her first duty assignment for the chance

to go to dive school.

“I was originally assigned to an engineer unit in Hawaii, but gave up that slot so that I would have a chance to tryout.” Plackis said.

After the risky move of turning down her orders, Plackis waited about a month to go to a one-day dive school tryout. Twenty officers tried out, 11 passed and four were selected. Plackis was one of the four.

While waiting to go to the three-week dive school prep course, Plackis — instead of “taking a knee” — went to the 28-day Sapper Leaders Course. When Soldiers graduate, they leave as “elite” engineers. Most non-engineers think of Sappers as people who blow stuff up ... and they do. However, the class is much more than that.

“The course is like Ranger school, but more focused on demolitions,” said Plackis. “It consists of a lot of rucking, little sleep, little food and academic requirements focused on engineer tasks.”

The course teaches engineer leaders in small-unit tactics and leadership tactics. It also builds cohesion and esprit de corps through troop-leading procedures, demolitions (blowing stuff up), land navigation, aerial and airborne operations and a number of other “cool” things.

After getting her Sapper tab, Plackis then moved on to conquer the three-week dive school prep course, where

Sappers are cool, divers are cool and Capt. Christie Plackis is both, so that makes her really cool.

she watched her classmates wash out left and right. She then moved on to the six-month course in Florida.

In June 2014, Plackis transitioned from active duty to the Army Reserve to continue her service and fulfill a lifelong dream of living in Hawaii. She had joined the Army Reserve after talking with a friend in San Diego. She is excited about her transition to citizen-Soldier. As an Army Reserve officer, she can contribute to her unit, her new community and her church.

The active component provided some pretty unique training opportunities for Plackis, including dive training in the Bahamas.

“I would look around and think, I can’t believe they are paying us to do this.”

She looks back fondly on her active duty time where she worked with some of the best Soldiers in the Army. Her talents are not lost as she continues to serve with the “Pride of the Pacific.”



Photo courtesy of Capt. Christie Plackis

As both a diver and a sapper, Capt. Christie Plackis is part of an elite group within the Army and Army Reserve. Plackis, commissioned as an engineer, brings a unique skill set to the 9th MSC.

325th BSB conducts hands-on, five-day communication academy

Story and photo by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — A small group of Soldiers dedicated a large part of their energies to ensuring that the 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th Infantry Division, has the ability to talk all over the battlefield by participating in a five-day communication academy, here, Jan. 8-13.

One of the traditional traits of an effective relationship is good communication. Though there are many different forms of communication, from verbal to visual, it is essential for Soldiers to communicate.

The 325th Communication Academy is a five-day course. It used to be done in a classroom environment through PowerPoint. However, the feedback received was that Soldiers were not retaining the information.

“We decided to have hands-on training, which is working for the Soldiers attending the classes,” said Sgt. 1st Class John Duenas, Headquarters and Headquarters Company, 325th BSB, communications noncommissioned officer in charge. “They are learning things that they never understood or just didn’t know before attending.”



Spc. Erica Pilallis, HHC, 325th BSB, 3rd BCT, 25th ID, teaches Soldiers within the unit the proper way to operate communication equipment on the battlefield during the five-day Communication Academy, Jan. 8-13.

Most of the Soldiers in the class are either drivers or training room personnel, so they use the equipment every Monday for battalion net call.

Spc. Erica Pilallis, Signal Support specialist,

assigned to HHC, 325th BSB, said, “When I arrived to 325th BSB, attending commo academy was a requirement for the promotion board. We’ve recently brought it back because Command Sgt. Maj. Stoddard thought it was a great idea, so I was told I was going to be the primary instructor.”

With all of the training coming in the near future, it is important that Soldiers understand how effective communication is.

The single channel ground and airborne radio system is a reliable, secure, easily maintained combat net radio.

Pilallis, being the subject matter expert, ensured the Soldiers knew how to properly set up their radios, along with plugging in all the information into the systems in order to make the mission move along faster.

“Being in this class is going to help me out a lot more now, since I work in the orderly room, so when we go to the field I am in the headquarters tent working with the radios,” said Spc. Tiera Barmore, assigned to Co. B, 325th BSB, and a native of Jacksonville, Florida.

The vehicles Soldiers take on the road have many communication components that allow them to transmit mission essential information with each other and the tactical operation center

(TOC). Soldiers inside the vehicles communicate through intercoms that are hooked up to Harris or single channel radios. These radios also make it possible to communicate with other vehicles, as well as the TOC.

Pilallis said, “It always feels good sharing my knowledge with others. Soldiers are paying attention, staying motivated and gaining muscle memory. I know I can count on them to know the equipment.”

The Soldiers in the class are glad they have attended this class, as it has given them the confidence to know that they can now communicate with those they really need to when out on the battlefield.

“I love the fact that I attended this class. I have learned a lot more on how to operate and run the radios better,” said Barmore.

Having these classes takes a load off the battalion signal section needing to go to each vehicle and do communications checks every Monday.

This training increases their capacity for tactical communications.

“I encourage the other units to do the same. It’s helpful to the Soldiers, and they will be comfortable with the communications equipment,” said Barmore.

AER begins 2015 drive

Since its founding during World War II, Army Emergency Relief has provided \$1.7 billion in interest-free loans and grants to 3.6 million Soldiers in the active component, the Army National Guard, the Army Reserve and among the ranks of the retired.

AER financial assistance provides timely care and support to wounded warriors, surviving spouses and the families of fallen Soldiers.

AER stands ready to assist during times of duress brought on by emergency travel, unforeseen home and vehicle repairs, and other moments of stress. Wherever our Soldiers work and live, AER is there to lend a helping hand.

History has shown that the readiness of the U.S. Army is inextricably tied to taking care of Soldiers and their families.

The 2015 AER campaign theme, “Making a Difference,” serves as a reminder that Soldier and family members can place their trust and confidence in AER to provide compassion and care through much-needed financial relief in times of unexpected crisis.

The AER campaign is an opportunity for mission and garrison command teams to promote greater awareness of AER benefits and to continue the legacy of Soldiers helping Soldiers.

The personal dedication of Army leaders at all levels to embrace AER makes a clear difference in caring for our most precious resources: Our Soldiers and their families.

Army Strong!

John M. McHugh
John M. McHugh
Secretary of the Army

Raymond T. Odierno
Raymond T. Odierno
General, United States Army
Chief of Staff

Raymond F. Chandler III
Raymond F. Chandler III
Sergeant Major of the Army

First female Soldiers slated to attend Ranger Course

C. TODD LOPEZ
Army News Service

WASHINGTON — The Army announced, Jan. 15, that female Soldiers will be allowed, for the first time, to attend the Army’s Ranger Course and possibly earn the coveted Ranger tab. Some of the women who may attend the Ranger Course this spring began a 16-day Ranger Training Assessment Course (RTAC), Friday. The RTAC is meant to prepare Soldiers to succeed in the Ranger Course, and it’s the first time it has included women. “The assessment will be conducted during Ranger Course 06-15, which is scheduled to begin on April 20, 2015. The course has approximately 60 women scheduled to participate. Those who meet the standards and graduate from the course will receive a certificate and be awarded the Ranger tab,” said Army spokesperson Wayne Hall. The 2015 “Ranger Course assessment” is a regular Ranger Course, with all the same physical requirements, according to Monica L. Manganaro, a spokesperson for the Maneuver Center of Excellence’s Airborne and Ranger Training Brigade at Fort Benning, Georgia. The current Ranger Course completion standards, to include pre-requisites, phase performance requirements and graduation standards

would not change for the assessment, she said. Manganaro said the course is being called an assessment due to the first-time participation of female Soldiers. Both male and female students will participate in the assessment. The Army requested units forward the names of female volunteers to attend the spring Ranger Course assessment. “The response was overwhelmingly positive,” Manganaro said. “When the Army asked for women who had interest, the interest outweighed the number of slots available” for the Ranger Course. The first group of women began the preliminary RTAC, Friday. Of the 120 slots available for students in the RTAC, up to 40 are now allotted for women in each course. There are three additional RTACs scheduled before the Ranger Course begins in April. With an endorsement from their unit, Soldiers who successfully complete the RTAC will be eligible to attend the 62-day Ranger Course, Manganaro said. Historically, she said, approximately half of those who enter the Ranger Course will succeed in earning the Ranger tab. Not all Soldiers who attend the Ranger Course are required to attend an RTAC, Manganaro said. But



Photo by 25th Infantry Division Public Affairs

Staff Sgt. Christopher Welch, Pre-Ranger Course instructor, teaches a class about the proper emplacement of a Claymore Mine at the Lightning Academy/Jungle Operations Training Center at East Range Training Center on Schofield Barracks.

all female Soldiers who attend the Ranger Course Assessment must first attend and successfully complete an RTAC. “The RTAC is mandatory for the women who want to go to Ranger school,” Manganaro said. “It is going to reinforce those Ranger skills and familiarize the female Soldiers with the skill sets they may not have had in other courses they have gone through.” Manganaro said the requirement to attend the RTAC will “level the playing field,” in the Ranger Course, allowing women to better familiarize themselves with the skills they will need to succeed there. “The RTAC gives them an azimuth on their skill set, on what they will need to go to Ranger school,” she said.

Female Observers and Advisers
For the Ranger Course assessment this spring, 31 female Soldiers were selected to serve as observers/advisers to be integrated into the Airborne

“The response was overwhelmingly positive ... the interest outweighed the number of slots available for the Ranger Course.”

— Monica L. Manganaro
Spokesperson for the Maneuver Center of Excellence’s Airborne and Ranger Training Brigade at Fort Benning, Georgia



Photo provided by Army News Service

2nd Lt. Kelly Derienzo, 1st Battalion, 30th Field Artillery, works out Jan. 9 during her final days in Fort Sill’s Pre-Ranger Program. She is one of the first women entering Fort Benning’s Ranger Assessment and Selection Program.

Innovation symposium focuses on bettering Army’s future

AMY HAVILAND
Army News Service

Even in the face of drawdowns and budget challenges, the Army must continue to think of new and better ways to improve the force, and that’s exactly what participants were asked to do during the Unified Quest Innovation Symposium, Jan. 13-15. In a partnership between U.S. Army Training and Doctrine Command and the College of William and Mary, professionals from business, academia, think tanks and the military gathered at the college in Williamsburg, Virginia, to explore the challenges and opportunities for innovation in the Army. “In the business world, innovation is essential to success and profit,” said Gen. Daniel B. Allyn, vice chief of staff of the Army. “In the military, failure to innovate could mean the loss of life and the freedom we cherish.” The vice chief said innovation drives the development of new tools or meth-



Photo by provided by Army News Service

Gen. Daniel B. Allyn, vice chief of staff of the Army, and Gen. David G. Perkins, commander, TRADOC, listen to guest speakers during the Unified Quest Innovation Symposium at the College of William and Mary, Jan. 13-15.

ods that allow Army leaders to anticipate future demands while staying ahead of adversaries. “Our adversaries are closing the technology gap that we have enjoyed for most of the last 60 years,” Allyn

said. “Our best means to maintain overmatch is through innovation, and we must do this without the urgency driven by Soldiers dying on the battlefield.” In order to do this, symposium par-

ticipants met for three days to discuss trends in industry and military innovation, to look at obstacles and opportunities for Army innovation, and finally, working groups provided recommendations to Army senior leaders on the best courses of action for the future Army, often referred to as Force 2025 and Beyond. “We are counting on your clear recommendations on how to improve Army innovation and how to inform Force 2025 and Beyond efforts as we modernize this force for the future,” Allyn added. Before the working groups met, Gen. David Perkins, commanding general of TRADOC, said their “homework” was not only to provide ideas and recommendations, but also to turn those ideas into reality – similar to how TRADOC not only designs, but also builds the Army. “TRADOC is the architect of the Army, but I also remind folks that TRADOC is also a design/build firm,”

On a Quest
Unified Quest is the Army chief of staff’s annual future study program and think tank to capture ideas and help drive change for the Army. Conducted through TRADOC’s Army Capabilities Integration Center, Unified Quest includes a series of seminars, symposia and war games. It culminates in the Army Future Game, an annual war game used to develop insights for future operational environments that the Army may face.

Perkins said, “So I need you to help me turn some of these good ideas into a reality.” The insight and recommendations gained from this symposium will be used as part of the Unified Quest 2015-2016 campaign to help build the future Army.

CID provides guidance and tips on how to report a crime

ARMY NEWS SERVICE
News Release

FORT BELVOIR, Virginia — Preventing and solving serious crime with an Army nexus is an active partnership between Army law enforcement professionals and the members of the community they serve. With that in mind, special agents with the U.S. Army Criminal Investigation Command, or CID, want to remind Soldiers, civilians and family members about how they can report a crime, 24/7, to Army CID. “Crime doesn’t occur in a bubble, especially in the Army,” said Special Agent Mark Arnold, the chief of investigative operations for CID. “Law enforcement officers and the Army community must work hand-in-hand to fight serious crime and to help keep our families and our communities safe.” CID officials also are reminding the public



that if you require immediate assistance, call 911 or contact your local military police. “Whether it’s a crime that has already happened or if someone thinks a crime is being committed, that one tip can make or break an investigation and help us bring those responsible to justice” Arnold said. “CID will always be here to help.” For more information on Army CID, visit www.cid.army.mil.

Contact CID
If someone would like to report a crime, is the victim of a crime, has information about a crime, or would like to speak with a CID special agent, contact the local CID Office or call 1-844-ARMY-CID (844-276-9243). You can also email CID at Army.CID.Crime.Tips@mail.mil.

Army: DA leaders to attend sessions

CONTINUED FROM A-1

Jan. 28, 2015
6:30-9 p.m.
Leilehua High School, Cafeteria
1515 California Ave., Wahiawa
Parking is free.

Both sessions will be hosted by Department

of the Army leaders from Washington, D.C., and Maj. Gen. Charles Flynn, commander, U.S. Army-Hawaii. No stationing decisions have been made, yet; however, Army leaders anticipate that an overall reduction of Soldiers will impact most every Army post nationwide. For questions, contact U.S. Army Garrison-Hawaii Public Affairs at 656-3158 or 656-3159.

Mustangs: Convoys hold battle drills

CONTINUED FROM A-1

For the second day of training, the Soldiers were organized into two convoy serials with six vehicles per convoy and conducted basic convoy battle drills. The battle drills learned were how to properly mount and dismount a vehicle, react to contact while maintaining movement, what to do when a vehicle is forced to stop and how to properly break contact with the enemy. According to a company platoon leader, this training is helpful for all the Soldiers in the company.

“During their time out here, the Soldiers are getting a good opportunity to cross-train,” said 2nd Lt. Elizabeth Oclese, platoon leader, Co. A. On the last day, the Soldiers conducted a complete convoy involving all aspects they had just learned over the last two days. “The last day is important, because when you are in combat, muscle memory is what will help you be successful,” said Monserrati. At the end of the training, the company commander said his “expectations were met” as he watched a group of Soldiers finish with their convoy operations.

Report says SHARP awareness is changing culture

LISA CHARLES
U.S. Army-Hawaii and 25th Infantry Division,
Sexual Harassment and Rape Prevention Program

“He would never do that!”
“She’s one of our best Soldiers, so she definitely didn’t do that.”
“The victim must be lying.”

For many years, the statements above, among many others involving denial or trivialization, have been echoed by military leadership upon learning about sexual assault or sexual harassment allegations against stellar Soldiers in their ranks.

Leaders have found these allegations to be incredulous. Frankly, it has always been easier to believe a trusted Soldier than one whose credibility is shaky.

Further, a noncredible, troubled Soldier is the perfect target for a predator. Who is more believable if and when the sexual harassment or sexual assault is reported?

To that end, many victims would see the potential for an uphill battle and have instead opted out of making a report and suffered in si-

lence as a result. Those who did muster the courage to report were often lambasted or blamed for it.

“You shouldn’t have been there.”
“What were you wearing?”
“You were asking for it.”

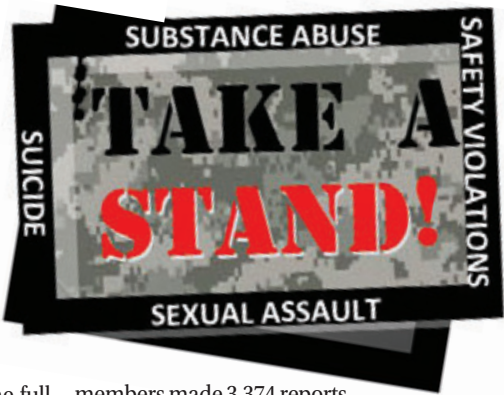
Many were kicked out of the military altogether. It should go without saying that justice for many victims of sexual assault has never existed.

That was then.

The military leaders of today have come full circle. Leaders at all levels are heavily engaged in ensuring their Soldiers know where to go if they experience sexual harassment or have been sexually assaulted.

The fact that leaders are knowledgeable about the programs in place to help their Soldiers has instilled a sense of trust by their Soldiers. The numbers prove it.

The most recent DOD Annual Report on Sexual Assault in the Military (2013) reflects that the number of reports of sexual assault nearly doubled from 2012. The 2012 report reflected military



members made 3,374 reports of sexual assault. In 2013, there were 5,061 reports of sexual assault.

While it may sound counterintuitive to be happy about an increase in reporting, it’s actually a good thing. This means service members trust their leadership to believe them enough to report a sexual assault, where before, they did not. We are indeed making strides!

While it may sometimes feel like we are steering a ship in molasses, the culture in the military is indeed changing for the better. True, sexual assaults are still happening at an alarming rate,

but more individuals are standing up and being active bystanders, and stopping predators in their tracks.

Bystander intervention is playing a significant role by empowering people and giving them the courage to intervene, act and motivate others to do the right thing.

This directly correlates with the U.S. Army-Hawaii’s 4S campaign where everyone is encouraged to “Take a STAND!” against sexual assault/harassment, safety mishaps, suicide and substance abuse. Abiding by the rules, doing the right thing and addressing problems before they escalate are critical in ensuring the mission is achieved. This is how culture change is effectuated.

The four issues mentioned above often overlap, which is why they are combined in this US-ARHAW awareness campaign. And whether they believe it or not, every single Soldier, civilian and family member is a critical piece of the mission and play a huge role in changing the culture.

Everyone – Soldier and civilian alike – has the power to take a stand when they see something happening that shouldn’t be.

How will you take a stand?

Lt. Col. shares personal experiences about suicidal thoughts

**MASS COMMUNICATION SPECIALIST
2ND CLASS JOHANS CHAVARRO**
Navy Public Affairs Support Element West
Detachment Hawaii

JOINT BASE PEARL HARBOR-HICKAM — Lt. Col. George Corbari shared his own personal story against the struggles of suicidal thoughts and discussed strategies service members can use to help themselves overcome similar obstacles during a suicide awareness presentation, at the Memorial Chapel, here, Jan. 14.

Corbari, strategic plans and policy officer at U.S. Army-Pacific, shared his presentation, “Piercing the Darkness: Redefining Perceptions about Suicide.”

During his remarks, he discussed modest, employable strategies service members and senior leadership can employ in the workplace to aid against suicidal ideations.

In the case of Corbari, life seemed to spiral out of control in 2009, when his son attempted to take his life, when he and his wife’s yearlong adoption process almost unraveled, and finally, when his son-in-law was severely injured by an improvised explosive device during his deployment to Afghanistan.



U.S. Navy photo by Mass Communication Specialist
2nd Class Diana Quinlan

Lt. Col. George Corbari, USARPAC, leads a suicide awareness and prevention presentation at JBPHH to offer his personal experiences battling suicide.

Hiding his emotions from his wife and feeling as though he had no one to turn to, Corbari said he began to internalize his feelings and blame himself for the events that had unfolded.

“When you get to a point that those things become so crushing to you, your mind starts to play some tricks on you, and that’s when you start to get into the darkness,” Corbari said.

It wasn’t until friends noticed him “checking out” and confronted him that he was able to navigate through his feelings, and pull himself out of the darkness he found himself in.

“They attacked what was important to me, what they knew I really valued and that’s how they were able to break through the darkness,” he said. “So, it was what they did for me that helped me start to process things the right way and saved me from doing something harmful to myself.”

Corbari said trustworthy relationships go a long way toward opening avenues of communications for someone who may be having thoughts of suicide.

“If you don’t know me, you also don’t know the things to drill in me that are important to me,” he said. “And you can ask me the questions, but I may deflect them. I may lie to you. ... It doesn’t re-

quire huge amounts of training, just me building relationships with my (battle buddies) can help someone from doing harm to themselves or me from doing harm to myself.”

“Corbari really has ‘his hand on a pulse’ that relationships and the connectedness of the relationship makes all the difference in being successful in preventing suicide and creating a network of support,” said Chaplain (Lt. Cdr.) Tom Bingol, Navy Information and Operation Center Hawaii. “It reminded me of an old saying, ‘People don’t care how much you know until they know how much you care,’ and, in a nutshell, by knowing how much you care for people enables us to actually go into the dark spaces of their life and walk with them toward better alternatives and recovery.”

Corbari’s story reinforced the notion that a person’s career will not end because they may be struggling with suicidal thoughts.

“When a person speaks out about their struggle with suicide and is that much higher ranking, it really sets the tone that it’s not going to end your career,” said Logistics Specialist 1st Class Lisa Mendez, U.S. Navy Supply Systems Command Fleet Logistics Center.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

DTS GTC — The new “Chip and PIN” technology government travel charge card is here. Chip and PIN cards contain a microprocessor that requires the cardholder authenticate via a four-digit number at point of sale.

As of this month, only the new cards will be issued; if your card expires between February and December, a new one will be issued 30 days before then, otherwise the dates for issuing new cards varies based on account use, expiration dates past 2015, etc.

Initially, the new cards will work on the old magnetic strip until cardholders complete their first “chip” transaction at a staffed, chip-enabled point of sale.

Visit www.defensetravel.dod.mil/site/govtravelcard.cp.cf m for helpful links about the new technology and setting up your card.

26 / Monday

CIE — The Community Information Exchange meeting, open to U.S. Army Hawaii Soldiers and spouses, begins at 9 a.m. at the Nehelani, Schofield Barracks. The CIE informs participants about installation and community matters.

Garrison directorates and key service providers will provide details of upcoming events for 30-60-90 days and the senior commander will host an open forum and Q&A session.

H20 — The Clean Water Program needs your input. Please comment on the 2014

Storm Water Annual Report and participate in U.S. Army Garrison-Hawaii’s Program to improve water quality.

Public comment period is from Jan. 26-Feb. 13, 2015. Access the plan at www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx.

27 / Tuesday

Listening Sessions — The Army will be conducting two Community Listening Sessions regarding proposed Army personnel reductions. The public is invited to hear from Army leaders on the proposed reductions and to provide input on how a reduction of up to 19,800 Army personnel in Hawaii could affect them.

Both sessions will be hosted by Department of the Army leaders from Washington, D.C., and Maj. Gen. Charles Flynn, commander, U.S. Army Hawaii.

•**Jan. 27** — Hale Koa Hotel, Waikiki. Event parking at Hale Koa Hotel is \$5 with validation.

•**Jan. 28** — Leilehua High School. Free parking available.

Both listening sessions will be from 6:30-9 p.m.

No stationing decisions have been made, yet; however, Army leadership anticipates an overall reduction of Soldiers will impact most every Army post nationwide.

More information is at U.S. Army-Hawaii Public Affairs, 656-3158/3159/3160

February

2 / Monday

Groundhogs and Keiki — A Junior Achievement job shadow pilot program for middle school students on Oahu takes place on Groundhog Day.

The student will have the opportunity to learn about the position and the company, as well as receive valuable educational and career development advice.

Past participating organizations have included those within the health care, hospitality, financial, technology and government sectors.

Visit jahawaii.com.



24 / Saturday

Revised Electrical Outage — The power will be out, 8 a.m.-4 p.m., to support Fort Shafter’s flood mitigation project main electrical line transfer. Units/directorates/others affected by the outage should be prepared for an extended outage in this event.



26 / Monday

FS Power Outages — The following buildings will be affected by an electrical outage, 8 a.m.-2 p.m.: Fort Shafter Housing, Simpson, Wisser, 2055, 2061, 2067, 2075, 2079, 2083, 2089, Simpson Street, Radar Hill, 255, 260, 265, 270, 275, 280, 285 and 295.

Call 457-4060 or 687-8317 for info on this and the related Fort Shafter outages 27 and 28, below.

Airdrome Road — There will be one-lane closures on Wheeler Army Airfield Airdrome Road, from the Hangar 1020 area to the sewage treatment plant, weekdays, 8 a.m.-3:30 p.m., until April 24.

27 / Tuesday

FS Outages, Continued — The following buildings will be affected by an electrical outage, 8 a.m.-2 p.m.: Fort Shafter Housing, Simpson, Wisser, 2107, 2119, 2125, 2131, 2093, 2097, Simpson Street, Hauoli South, 140, 150, 160, 170, 174, Patch Place.



28 / Wednesday

FS Outages, Continued — Affected will be Fort Shafter Housing, Simpson, Wisser, 2137, 2145, 2155, 2163, 2169, 2175, 2185, 2191, Simpson Street, Radar Hill, 106, 108, 110, 112, 412, 121, 123, 125, 127, 419, 421, 423, 425, Austin Road, Hauoli South, 178, 182, 190, 198, Patch Place.

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

30 / Friday

No Mo Go — Effective today, the 404th Army Field Support Brigade Logistics Readiness Center will no longer provide dispatching services at Fort Shafter Flats. Non-tactical vehicles will be dispatched at Bldg. 6027, East Range, Schofield Barracks. Vehicle dispatching at the TMP occurs three weeks of each month, 8 a.m.-4 p.m.

Contact your unit vehicle coordinator for exact details.

February

2 / Monday

Kolekole — A maintenance and repair project will install pedestrian beacon signs on Kolekole Avenue, near the shopette, Schofield Barracks, 9 a.m.-2 p.m. Left lane traffic in both directions will be closed and required to merge into right lane.

5 / Thursday

Kaiona — There will be a partial road closure on Kaiona Avenue for utility installation. The street will only be accessible from Lyman Road, with no access from Kolekole Avenue. The work will be performed weekdays, 8:30 a.m.-3:30 p.m. Weekend work will only be done if absolutely necessary between 9 a.m.-5 p.m. Traffic will be detoured as necessary to any local traffic needing access to Kaiona Avenue.

13 / Friday

Stream & Bridge — There was an extension of the full road closure of Stream Road. The road will be closed in both directions, from the intersection of Stream and Loop roads to the intersection of Stream and Kahauiki Stream Bridge. The primary detour for the Stream Road Closure will be Mokumoa Street. Intermittent, one-hour, full-bridge

closures will occur, 9 a.m.-5:30 p.m., today and on the following dates:

- Feb. 13, 14 and 16.
- March 27.
- April 3.

One-lane closure and intermittent full closures of Kahauiki Stream Bridge, continue around the clock through Feb. 28.

21 / Saturday

Castner Outage — A power outage is scheduled, 8 a.m.-6 p.m., to support Schofield Barracks’ Castner Substation renovation project.



If you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

March

6 / Friday

Clinical Outage — U.S. Army Health Clinic-Schofield Barracks will experience the second of three total power outages, including its Acute Care Clinic, 8 a.m.-6 p.m. The last outage is scheduled for June 6.

Ongoing

STIP — HDOT invites the public to submit comments on the proposed STIP Revision #1 to the Federal Fiscal Year (FFY) 2015 to 2018 (+2) Statewide Transportation Improvement Program (STIP).

Visit <http://hidot.hawaii.gov/highways/revisions-for-2015-2018-2-stip/>.

Changes to the Oahu portion of the STIP are pending and are concurrently being processed as a Transportation Improvement Program.

Visit www.oahumpo.org/plans-and-programs/transportation-improvement-program-tip/.

Pierce Street — Lane closures, weekdays, 7 a.m.-4 p.m., between Fort Shafter’s Wisser Road and Montgomery Drive, will continue until Jan. 26. The road closure at Pierce Street for the portion between Wisser Road and Bonney Loop, and the lane closures between Bonney Loop and Montgomery Drive were extended to Jan. 26.



FRIDAY, January 23, 2015

Exploring Home-Schooling

Cristian Harris, 15, above, pauses at an informational display that explains the habits and behaviors of humpback whales. Harris participated in a whale-watching hike along the Makapuu Point Trail, Wednesday, as part of the Army's EDGE Adventure program.



Katelyn Weiss, 12, left, spots a humpback whale through her binoculars during a hike along the Makapuu Point Trail on Wednesday as part of the EDGE program.

Army's 'EDGE' offers home-schoolers variety, options

Story and photos by
KAREN A. IWAMOTO
Staff Writer

MAKAPUU POINT TRAIL — The whale watching began almost as soon as Cristian Harris, 15, and Austin Weiss, 10, hit the trail, here, on Wednesday morning.

A passer-by at the trailhead pointed to a ripple far out into surrounding ocean that marked the spot where a humpback whale had just breached.

"Everybody get your binoculars out," said Jordan Cook of the Directorate of Family and Morale, Welfare and Recreation's EDGE Adventure program.

Christian, Austin and the five other youth who made up their group complied, and soon there were excited shouts.

"I see one!"

"It's right over there!"

Once they got their fill of this particular whale sighting, Sheree Mullen of DFMWR's Outdoor Recreation program went over the ground rules: "OK, guys. I want you to walk single-file and stay between me and Jordan. Stay away from cliffs. I don't want you getting too close to the edge."

The group proceeded up the trail with the kids obeying the spirit of Mullen's instructions, if not the letter. For the most part, they avoided the cliffs, but several of the children took detours into the shade of nearby kiawe and fell into a heated debate over what being a Soldier entails.

The conclusion was, "Army Soldiers don't hide in trees, duh." (This is a pretty clear indication that they hadn't seen recent

issues of this paper, and, in fact, a couple of them confirmed that their reading material of choice was the "Harry Potter" series.)

This outing was hosted by the EDGE program, which offers affordable out-of-school opportunities for youth ages 6-18 to Experience, Develop, Grow and Excel by participating in art, fitness, life skills and adventure activities. EDGE programs are geared toward both the after-school crowd and home-schoolers.

Wednesday's group was made up entirely of home-schoolers.

"The morning programs tend to be popular with home-schooled kids who don't have to be in school during those hours," said Kristine Yasuda Tabbal, EDGE programs director.

Cristian said he has participated in this whale-watching hike several times before, and he enjoyed it, but his favorite EDGE activity was surfing.

"I even went out and surfed a couple of times by myself (after learning the basics through EDGE)," he said.

His 11-year-old sister, Kelly, also took surfing lessons through EDGE, and their mother, Cheryl, an Army spouse who home-schools Cristian, Kelly and their 9-year-old sister Rebekah, said she considers EDGE to be a bargain.

"Personally, I think (the EDGE programs) are a good deal," she said. "Twenty dollars for two outings is not that expensive. Also, Jordan (Cook) has made a personal connection with my children, and I really like that."

"It (EDGE) offers stuff we couldn't necessari-

Giving Kids an EDGE

EDGE stands for Experience, Develop, Grow and Excel, and it's part of the Directorate of Family and Morale, Welfare and Recreation. It is divided into four programs that provide extracurricular activities for school-age youth:

•**Art EDGE** focuses on developing creative skills through arts, such as ceramics, computer graphic design, digital music-making, photography, fashion design, theater, woodworking and more.

•**Fit EDGE** focuses on cultivating physical activity through activities, such as

bowling, golf, nutrition, stress management, team pick-up sports, weight training, yoga and more.

•**Life EDGE** focuses on life skills and future career fields through skills, such as cooking, auto maintenance, dog obedience, living green, marketing, money management and more.

•**Adventure EDGE** focuses on the outdoors and nature through activities, such as surfing, kayaking, biking, hiking and more.

Call EDGE at 655-9818 or visit www.himwr.com/the-edge for upcoming activities and pricing information.

EDGE

ly do in a one-on-one setting, and I think they really try to offer a variety of activities that are geared toward all age groups," added Kelly Weiss, an Army spouse and former public school teacher who home-schools her two children, Katelyn, 12, and Austin, 10.

Katelyn and Austin also participated in Wednesday's whale-watching hike, and while they seemed to enjoy being outdoors and experiencing the southeastern coastline of Oahu's Ka Iwi State Scenic Shoreline, their mother noted that the outing wasn't just for fun. It also supplemented her home-school curriculum.

"My kids are studying marine biology as part of their science

class," she said. "This hike was a whale-watching hike. That's marine biology."

By making learning fun and allowing Army children to immerse themselves in Hawaii's environment during their time here, the EDGE programs are designed to offer families the best of both worlds.

The children who participated in the EDGE Adventure program's hike along the Makapuu Point Trail on Wednesday are being home-schooled by their parents. The Army's EDGE programs offer a variety of activities geared toward families who choose to home-school their children.



Briefs

Today

Tree Trimming — Construction crews have begun the trimming and removal of trees from Leilehua Golf Course. The height of the trees has been identified as a safety hazard that negatively interferes with the sight line to the flight path for the Wheeler Army Airfield’s aircraft runway.

Because of safety compliance issues, officials have determined that the trees in the sight line of the flight path must be trimmed or removed. Golfing patrons should anticipate minor disruption in play. Fairways 4, 5, 7, 8, 10 and 11 will be most impacted.

Upon start of work, and weather permitting, this project is anticipated to take four weeks to complete. For more information, contact Bob Lillie, Golf Course superintendent, at 656-0114.

Blind Date with a Book — Take a chance. Try something new. Fall in love. It doesn’t matter if you’re a swinging single or committed lovebird, we want you to date – a book!

During the month of February, stop by the library to check out one of our specially wrapped books. There will be some descriptive words on the wrapper to peak your interest, but otherwise, it will be sight unseen.

When you return the book, you’ll be able to rate your date and enter a prize drawing for a Navatek Sunset Cruise for two.

Call your local library for more information at 655-8002 (SB) or 438-9521 (FS).

SKIES Unlimited Dance Classes — AMR and SB studios offer a variety of dance classes to include Rhythm in Motion for 2 year olds, Beginner/ Intermediate Dance Combo for Ballet, Tap for 3-5 and 6-9 years, Hip Hop and Ballroom Dancing. Call 655-9818.

EDGE Home School Art Workshops — Open to CYS registered youth and teens (grades 1-12) at SB Arts & Crafts Center for fun workshops designed to tap creativity.

- Jan. 23 & 30 is Basket Weaving, \$23/per child, includes all supplies. Register at 655-9818.

MUDDY MAKAHIKI



Photos courtesy of Makahiki Challenge

Registration is open for the 2015 Makahiki Challenge, which takes place 9 a.m., Jan. 31, at Kualoa Ranch.

The Makahiki Challenge is a 3-plus-mile journey through hills, obstacles and mud designed to test participants’ physical endurance and mental toughness, and culminates with live music and beer from Kona Brewing Company.

Participants must be 16 years or older. The deadline to register online is Saturday, Jan. 24, but late registration is available 11 a.m.-5 p.m., Monday, Jan. 26, at Runner’s HI, 98-390 Kamehameha Hwy., and 4-8 p.m., Wednesday, Jan. 28, at Kona Brew Pub, 7192 Kalaniana’ole Hwy. Visit makahikichallenge.com for directions and pricing information.

28 / Wednesday

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.
- South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

Baby-Sitting & CPR — Register for SKIES Unlimited free baby-sitting and CPR/first aid monthly courses for 12-18 year olds. After class completion, 13 and over students will be added to the SKIES super-sitter refer-

ral list.

Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. Register now at 656-9818 for the 4-7 p.m. sessions:

- Jan 28, Feb. 18 & 25, CPR/first aid.
- Feb. 4 & 11, baby-sitting.

30 / Friday

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill every last Friday of the month. Call SB at 655-4466 or FS at 438-1974.

February

1 / Sunday

Big Game Party — Come watch the big game on the SB Tropics 16-foot, blow-up screen. Doors open at

11 a.m. for a day that features \$10 finger food, cornhole challenge, water pong, free popcorn, card stack, musical chairs and limbo. Call 655-5698.

2015 Super Bowl Party/Family Brunch — Bring the family out and watch the big game at SB Kolekole. Doors open at 11 a.m. with brunch buffet available for \$16.95/adult and \$7.95/child. Games and prizes all day long. Call 655-4466.

2 / Monday

Track & Field Registration — Be a part of the new Developmental Army Hawaii Youth Track & Field Team. Registration is open, Feb. 2-27, to youth born from 1997-2007. Cost is \$40/child.

First-time participants and re-

See MWR Briefs B-4

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Home Building & Remodeling Show — Weekend event, Jan. 23-25, at the Blaisdell Center Exhibition Hall, is a one-stop shop for anyone looking to build a new home or remodel an existing home. Attend seminars on the latest building trends, new products and emerging technologies. Sponsored by the building industry of Hawaii.

23 / Saturday

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002. Seating on the grass, beach chairs, mats and cameras are welcome.

25 / Sunday

Sharons Run/Walk 5K/10K and Ride — Scenic East Oahu and the Windward Coast will be featured, beginning at 7 a.m., for the benefit of the Epilepsy Foundation of Hawaii. This event is expected to have 450 runners and 200 cyclists. Begins and

ends at Kapiolani Community College. Email egh@hawaiiepilepsy.com.

26 / Monday

Community Information Exchange (CIE) — The next CIE (formerly known as the SIM, or Spouse Information Meeting) is 9 a.m., Jan. 26, at the Nehelani. The focus of this meeting is installation and community matters.

Garrison directorates and key service providers will offer details of upcoming events for 30-60-90 days and the senior commander will host an open forum and Q&A session.

30 / Friday

Shanghai Circus — Over 40 acrobats of China bring the Orient to Honolulu in a fast-paced, exciting production featuring internationally award-winning acts, through Jan. 30, at the Blaisdell Concert Hall.

The New Shanghai Circus celebrates the exotic wonders of China while showcasing dramatic interpretation of classic Chinese dance and physical performance. General admission is \$25.

31 / Saturday

Pearl Harbor Bike Path 10K Run — Starts 6:30 a.m., at Lehua Elementary School, and continues along the Pearl Harbor Bike Path, around Marina Bay Restaurant, to Lehua St., to finish at Lehua Elem. School.

Makahiki Challenge 2015

— It’s a Kualoa Ranch-area endurance test. Tackle 3+ miles on this obstacle journey through tireless hills, rough terrain and mud pits. Begins at 9 a.m. for ages 16 and older. Register at www.makahikichallenge.com or call 924-0279.

Jim Brickman Concert

— Grammy award-winning adult contemporary artist performs, 7:30 p.m., at the Blaisdell Concert Hall.

Tickets available at the NBC box office or through Ticketmaster at 800-745-3000 or visit www.ticketmaster.com.

Ongoing

Leilehua Parent Teacher Student Organization — Provides a forum to voice concerns, make suggestions and share ideas. Membership drive seeks active and no-sweat memberships. Contact Karl Spix, PTSO president, at 255-5082.

TAMC Arts and Crafts Volunteers — American Red Cross is seeking volunteers for patient and family support. Contact Yolanda Gainwell at 433-6631.

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes.

Travelers are encouraged to check GoAkamai.org before leaving work or home.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military bases with base access.

Vet Center — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8 a.m.-4 p.m., providing affordable preventative care and mandatory airline health certificates required within 10 days of air travel. Call 433-2271.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Tripler Parking — TAMC has opened 121 new parking stalls on the lower level of the Oceanside parking lot. TAMC leaders launched the parking project to help alleviate parking concerns.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.



Night at the Museum: Secret of the Tomb (PG)
Fri., Jan. 23, 7 p.m.
Sat., Jan. 24, 6 p.m.



The Hobbit: The Battle of the Five Armies (PG-13)
Sat., Jan. 24, 2 p.m.
Sun., Jan. 25, 2 p.m.

The Imitation Game

(PG-13)
Thurs., Jan. 29, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

IRS Free File is now available to assist Hawaii tax filers

Service helps taxpayers with new health care law

INTERNAL REVENUE SERVICE
News Release

HONOLULU — The Internal Revenue Service and the Free File Alliance have announced the launch of Free File, which makes brand-name tax software products and electronic filing available to most taxpayers in Hawaii for free, Friday.

Free File software can help taxpayers with tax preparation, including the health care law that will affect almost everyone.

Hawaii taxpayers can use Free File software immediately — e-filed returns started transmitting to the IRS, Tuesday, when the filing season officially began.

“About 70 percent of all federal tax returns come in below the \$60,000 income level,” said IRS spokesman David Tucker II. “Millions can use it to file a federal income tax return for free.”

Nationally, more than 3.2 million people used Free File last year with over 12,000 coming from Hawaii. Since 2003, more than 43 million people have used Free File, saving \$1.3 billion based on a conservative \$30-fee estimate.

“You don’t have to be an expert on taxes or the new health care law. Free File software can help walk you through the rules and help you get it right,” said John A. Koskinen, IRS commissioner. “For 12 years, this partnership between the IRS and the Free File Alliance has helped taxpayers save both money and time. The real winner in this partnership has been the nation’s taxpayers.”

Taxpayers who earned \$60,000, or less, last year are eligible to choose from among 14 soft-

Yearly Documents

Here are some common tax-related documents you will need to complete your tax return. Remember, you must also have documentation of any credit or deduction you are claiming as well.

- A copy of last year’s tax return.
- Valid Social Security numbers for yourself, spouse and children.
- All income statements, i.e., W-2 forms, from all employers.
- Interest/dividend statements, i.e., 1099 forms.
- Form 1099-G showing any state re-funds.
- Unemployment compensation amount, if any.
- Form 1095-A, if you purchased coverage from a Health Insurance Marketplace.
- Proof of health care insurance coverage for you and everyone on your return.

ware products. For those who earned more, they are still eligible for Free File fillable forms, the electronic version of IRS paper forms. This more basic Free File option, which is best for people comfortable preparing their own tax return, became available Tuesday (Jan. 20).

Free File offers easy-to-use products that ask questions and supplies answers. The software will find the right forms, find the right tax credits and deductions and even do the math.

Free File will be available through October 2015. Taxpayers who cannot meet the April 15 tax deadline can also use Free File to file a six-month extension.

Health Care Requirements

Almost everyone will need to do something new when filing a tax return this year. Free File can help taxpayers with new health care requirements. For each month in 2014, you and everyone on your return must do the following:

- Report health care coverage.
- Claim an exemption from coverage.
- Make a shared responsibility payment with your tax return.

Most people will simply have to check a box to report health care coverage for the entire year.

Free File is available only at IRS.gov/FreeFile.

File photo

Free File software can help taxpayers with tax return preparation, including the new health care coverage filing requirements.

TRICARE patients reminded to report health coverage

Failing to report could result in a tax penalty

TERRI MOON CRONK
DOD News, Defense Media Activity

WASHINGTON — As tax season begins, Defense Department officials want to remind TRICARE beneficiaries of changes in the tax laws, which require all Americans to have health care insurance or potentially pay a tax penalty.

For the first time since the Affordable Care Act (ACA) passed in 2010, all U.S. citizens, including service members, military retirees and their family members, must report health care coverage on their 2014 taxes, said Mark Ellis, a Defense Health Agency health care operations program analyst.

For this year only, taxpayers will “self-at-test” on their 2014 tax forms, for each month in which they had health care coverage, he said.

compared to minimum essential coverage, Ellis said.

Military beneficiaries who are solely eligible for care in military hospitals and clinics, for example, parents and parents-in-law, have an automatic exemption from the tax penalty for tax year 2014 only.

The TRICARE website and ACA fact sheet site also have suggestions for those who need to purchase coverage to meet the act’s minimum requirements, he noted. That could include retired reservists, Selected Reserve members, young adults up to age 26 and those who leave military service but need transitional coverage, Ellis said.

TRICARE beneficiaries with tax questions should contact the Internal Revenue Service or their tax advisers, he emphasized.

“The experts there can help them,” Ellis said.

Online Support

The TRICARE and ACA fact sheet are available at www.tricare.mil/~-/media/Files/TRICARE/Publications/FactSheets/ACA_FS.pdf.

DHHS offers tax-filing support

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
News Release

In preparation for the 2015 tax filing season, which officially begins next week, the U.S. Department of Health and Human Services has released a fact sheet detailing information Hawaii tax filers need to know as they prepare to file their federal returns.

This tax season marks the first time individuals and families in Hawaii will be asked to provide basic information regarding their health insurance on their tax returns.

Consumers may have questions about this new process, and the administration is committed to providing the information and tools tax filers need to understand the new requirements.

In the coming weeks, the administration will continue to provide additional resources to help consumers prepare for tax filing season, including online tools to help individuals connect with local tax preparation services and determine if they are eligible for an exemption.

For more information about this effort – or to request an interview with an official from the Department of Health and Human Services, contact press@cms.hhs.gov or call (202) 690-6145.

The Fact Sheet

Here are some comments in the Health Coverage and Federal Income Taxes fact sheet.

The vast majority of tax filers – over three quarters – will just need to check a box on their tax return indicating they had health coverage for all of 2014.

These people met the Minimum Essential Coverage requirement, which means that they had the basic health coverage necessary to meet the Affordable Care Act’s standards. These individuals and families will not receive any new forms in the mail, and they will not be required to fill out new forms when they file their 2014 income tax returns.

People who purchased coverage through the Health Insurance Marketplaces, or who decided not to enroll in coverage, should be aware of the additional steps that will be a part of the tax filing process starting this year.

(Note: This information was issued Friday, Jan. 16, 2015, by the U.S. Department of Health and Human Services.)



Photo courtesy of U.S. Army

This year, those filing taxes in Hawaii will be asked to provide information regarding their health insurance. The Department of Health and Human Services provides resources to help consumers navigate their taxes.

Cornerstones and cannoli part of discovery venture

George Washington once said, “If freedom of speech is taken away, then dumb and silent may we be led, like sheep to slaughter.”

It was with this same logic that our kids mouthed off at us recently.




THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

“If freedom of speech is taken away, then dumb and silent may we be led, like sheep to slaughter.”

— George Washington
First U.S. President



History trip

“History? What do you mean we’re going to experience ‘history’?” Lilly whined from the back of the minivan.

Anna’s groggy eyes peered incredulously from under a mop of bed head. Hayden, still half asleep, grimaced in solidarity with his sisters.

It was 9 a.m., which on weekends is essentially the middle of the night to our three teenagers, and we were driving from our base house on Naval Station Newport, Rhode Island, to Boston, to spend the day walking “The Freedom Trail.”

“This is our last chance to do something as a family before Hayden goes back to college, so zip it,” my husband Francis dictated like King George.

Too sleepy to battle, the kids surrendered and went immediately back to sleep.

With the uprising squelched, I settled into my seat to study the tour book, while Francis drove us north on Route 24. As long as we didn’t freeze to death, we would walk the 2.5-mile trail through downtown Boston, past 16 sites that played a pivotal roll in the dramatic struggle for the ideals of freedom of speech, religion, government and self-determination.

Although our kids would have rather gone to school wearing headgear, we wanted them to experience the events that sparked the American Revolution over two centuries ago.

Glancing in the visor mirror at our teenagers’ sprawled open-mouthed in the back seats, I repeated the thought that had passed through my mind countless times: “Hopefully they’ll appreciate this one day.”

Somehow, it was my fault when Francis missed the hairpin turn the GPS ordered him to take in Boston’s Financial District. My husband is Irish-Italian after all, but we eventually arrived at the parking garage recommended by our tour book.

Our hike began at the Old State House,

dwarfed by surrounding skyscrapers, where in 1761 patriot James Otis rendered a five-hour speech that ignited the colonists’ original rebellion. Only 15 years later, the newly signed Declaration of Independence was read aloud to the people of Boston from the building’s balcony.

If only we were holding muskets, our family of five would have passed for bedraggled revolutionary militia, as we fought the bitter winds to march over the site of the Boston Massacre, north toward the Charles River. We thought we saw the “two if by sea” lanterns hanging on the Old North Church steeple, Paul Revere’s signals that British “regulars” were coming to invade. But thankfully, it was only the neon lights of the restaurants and bakeries on the North End, Boston’s version of Little Italy.

“C’mon, let’s go there, puhleeese!” the troops protested, pointing wearily to the red-awned Pizzeria Regina. In order to quell their cries of Starvation Without Representation, we allowed the majority to rule and stopped for lunch.

The meal was of historic proportions, and our patriots were properly refueled to survive the rest of the march, even while lugging plas-

tic doggie bags of leftover slices. We passed three more sites – Copp’s Hill Burying Ground, The Old North Church and Paul Revere’s house – before the kids asserted their inalienable right to dessert.

Sucking pistachio-laced ricotta from a cannoli the size of my boot, I tasted the benefits of freedom as we trudged on toward the Old South Meeting House, the Massachusetts State House and Boston Common – stopping at the graves of John Hancock, Sam Adams and Paul Revere along the way.

In the end, we completed the 2.5-mile Freedom Trail before dusk and were safely splayed out on our family room couch, channel surfing by 8 pm.

“Hey Dad,” Hayden interrupted Francis’ game of smart phone solitaire. “Check this out.”

Ironically, CNN was covering breaking news of the discovery of a time capsule buried by Paul Revere and Sam Adams 225 years ago in a cornerstone of the Massachusetts State House. The latex-gloved scientists displayed the copper box of artifacts for the cameras. As our son gazed at the television, his face expressed newfound respect for the brave determination of our founding fathers.

As debate over freedom of speech rages on in Paris, in the media and in our family of five, America stands as a shining beacon to the rest of the world of what can be accomplished when, at all costs, people demand to be heard.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life.”)



File photo


The recent time capsule discovery at Boston’s Massachusetts State House excited generated history into the home of the author’s family.



File photo

The author’s family visited the site where the Declaration of Independence was first read aloud to the people of Boston.

Briefs



CONTINUED FROM B-2

newals must sign-up at CYS Services Parent Central Offices. Ask about the multi-child reduction fee. Call the Youth Sports office at FS/AMR

at 836-1923 or SB/WAAF/HMR at 655-6465.

3 / Tuesday

Pottery Wheel Throwing — Create a beautiful vase or decorative bowl, 5-8 p.m., Tuesdays, and 11 a.m.-3 p.m., Sundays, at the Pottery Wheel Throwing workshops at SB Arts and Crafts Center. Call 655-4202.

4 / Wednesday

EDGE Home School

Adventure-Biking Series

— In partnership with Outdoor Recreation, join the on-base bike ride, 9:30 a.m., Feb. 4 & 18, for grades 1-12; must wear shoes and bring water and sunscreen. Cost is \$20/child. Call 655-9818.

6 / Friday

EDGE Home School Art Workshops — Open to CYS registered youth and teens, grades 1-12.

- Feb. 6, Basket Weaving; \$23/child, includes supplies.
- Feb. 13, 20 & 27; fabric

beads and painted “silk” shapes; \$23/child.

25th ID Golf Scramble — Leilehua Golf Course, 10 a.m.-4 p.m., hosts the four-person scramble format. Registration and payment re-

quired 15 days prior to event. Fees collected in front of the G-2 (3rd floor Bldg. 580) on Tuesday and Thursday, 9:30-10 a.m. Green/cart fees, food w/beverage included.

For preregistration, call Sgt. Justin Corley, 655-4711.

Hawaii Exchange resolves to promote healthy 2015

HAWAII EXCHANGE
News Release

SCHOFIELD BARRACKS — For many, the dawning of a new year is a time to focus on health and fitness.

In fact, nearly one-third of Americans who make New Year’s resolutions focus on health and fitness, according to the Cooper Clinic.

From low-calorie meals in the food court and Express, to the latest workout gear in the main store, the Hawaii Exchange is doing its part to ensure military service members and their families have a healthy new year.

Healthy lifestyle offerings

In the main store, military shoppers will find a broad selection of products to encourage a healthy lifestyle as part of the Exchange’s BE FIT program, which promotes a healthier body and mind through good-for-you products and services.

“Military service (members) must be mission-ready in body, mind and spirit,” said Cathy Ely, Exchange store manager, here. “The Hawaii Exchange knows it’s crucial to provide the tools necessary to sustain a healthy, active lifestyle.”

Military shoppers who want a bite to eat without ruining their resolutions can turn to healthy options at the Schofield/Hickam food court and other locations.

- At Subway, eight Fresh Fit® subs are certi-



Video still courtesy of Exchange BE FIT program

Personal trainer Christina Carrillo demonstrates the proper way to execute a reverse crunch. The reverse crunch, when done along with other High Intensity Interval Training (HIIT) exercises, offers a full-body workout in a short amount of time.

fied by the American Heart Association and have 6 grams of fat or less.

- Anthony’s Pizza offers a variety of salads, all less than 300 calories, like Buffalo Chicken, Crispy Chicken and Cran-Apple Chicken salad.
- Popeye’s Louisiana Live Well menu offers Blackened Tender Po’Boy, Blackened Tenders and wraps for 350 calories or less.
- Charley’s offers Chicken California, Chick-

en Buffalo, Veggie Delight, Ultimate Club and Italian Deluxe, to name a few, all under 500 calories.

- At Starbucks, a Reduced Fat Turkey Bacon sandwich is just 230 calories.

Military service members in a rush can also fill up on healthy choices at the Schofield/Hickam Express locations. Snack Avenue offers fresh salads with less than 300 calories, chilled

fruit cups and oatmeal.

The Fresh Fruit program offers bananas, apples and oranges. The Express provides shoppers a wide array of meal replacement options, such as PowerBar, Clif Bar, Quest and Kind Bars, all available in assorted flavors.

“Fresh, healthy snacks and meals help military service (members) make smart choices on the go,” Ely said.

‘Healthy Weight Week’ strives for healthier habits, not diets

TRICARE
News Release

When most people hear the term healthy weight, they immediately think of the D-word ... yes, diet.

However, Healthy Weight Week was established to encourage people to stop dieting and understand that health really isn’t about a number, but about living your natural weight supported by healthy living.

New habits

Each January, Healthy Weight Week encourages healthy diet-free living habits that last a lifetime and prevent eating and weight problems. A healthy weight is not weight achieved through restricted eating, typically the opposite happens.

According to the Dietary Guidelines for Americans 2010, a healthy eating plan includes the following:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and

milk products.

- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.
- Stays within your daily calorie needs.

Each person’s body is unique and has different caloric needs. If you are maintaining your current body weight, you are in caloric balance. If you need to gain weight or to lose weight, you’ll need to tip the balance scale in one direction

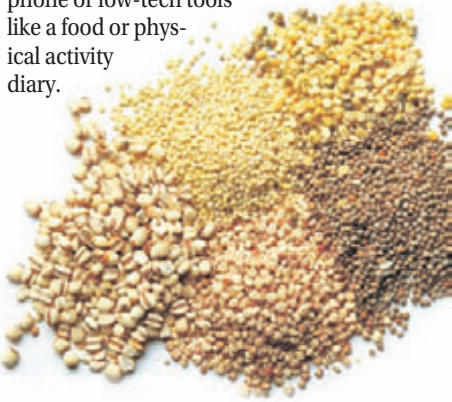


File photos

Having more fruits and beans/legumes, in addition to lean meats, in diet is a lifetime strategy.

or the other.

The United States Department of Agriculture has an interactive tool to monitor food intake and physical activity called the SuperTracker. You can also use tools on your mobile phone or low-tech tools like a food or physical activity diary.



Available Tools

If you’ve made a New Year’s Resolution to get to a healthy weight, or are just looking for tools to maintain your health, visit TRICARE’s Healthy Living section on the Web. There are tools there to help with adopting a healthy lifestyle, as well as information about your health and wellness coverage.

Visit these sites:

- <https://www.supertracker.usda.gov/default.aspx>
- www.health.mil/Military-Health-Topics/Operation-Live-Well
- www.tricare.mil/CoveredServices/IsItCovered/PreventiveServices.aspx